

**MIDDLE ATLANTIC
Region 1
HHS-N-276-2011-00003-C
Exhibit Award: Behavioral Health Issues in our Senior
Population Presentation at Ingleside Homes
Mid-Atlantic Behavioral Health
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NN/LM Project Final Report
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Executive Summary

The primary goal of the project was to educate the residential population of a senior living facility about the typical behavioral health issues experienced by their particular age group. Upon completion of an oral program the residents were provided the opportunity to fill out a geriatric depression screening with the help of members of the MABH staff.

The secondary goal of the project was to let the residents know that our practice was partnering up with Ingleside Retirement Apartments to make available a therapist on site at least once a week. In doing so our two organizations are working to overcome the issues involved in providing transportation on a weekly basis to therapy appointments for a population living in Ingleside that averages 80-85 years of age.

The project included information on how to identify various behavioral health issues in themselves and others and what steps should be taken if any warning signs are apparent. Brochures from NLM/NIMH, MABH, and other local resources were made available in a folder handed out to each resident who attended. We also were able to reserve a computer station provided for the residents at Ingleside to show interested residents how they could access additional information online through MedlinePlus.

The event was held in the Downes Cultural Center of Ingleside Retirement Apartments. It was attended by more than 50 residents. From the attendees we were able to provide over 10 screenings that day and received multiple requests for immediate access to therapy appointments with Michelle Rossi, LCSW.

As of today Michelle is seeing 3 patients weekly in a space provided by Ingleside. We anticipate that she will be seeing 8-10 residents weekly going forward. The residents will pay nothing out of pocket for these visits. We are able to cover most of the cost of the visits through Medicare. The copays for all residents will be covered by a grant through MetLife. The grant was secured by Ingleside to help cover the costs that they and/or their residents would incur.

We at MABH as well as the ownership at Ingleside have been thrilled with the results so far. We heard from many of the residents that our presentation opened their eyes to issues that they are going through or that their neighbors are going through. And most importantly they now know what to do next.

Minority Populations Served

African Americans: No
American Indians/Alaska Natives: No
Asian Americans: No
Hispanics/Latinos: No
Native Hawaiians and Pacific Islanders: No
Other: No

Approaches and Interventions Used

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The event was set for two hours and broken up into two parts:

1. 45-60 minutes of an educational program put on by Dr. Traci Bolander. A powerpoint presentation was used to highlight topics as Dr. Bolander talked through the concepts. This was done in the Downes Cultural Center auditorium
2. 60 minutes in the library of Ingleside where snacks and beverages were provided. Two interns from MABH (Chris and Brittany), Michelle Rossi, and Dr Bolander were available to go through the depression screenings with the residents who asked for the opportunity. Depending on the results some basic information was taken so that our office could follow up if necessary. I made myself available to assist with the internet access to MedlinePlus and answer any general questions.

Evaluation Activities

We accomplished all that we set out to do. This is evident by the fact that we did so many screenings and have already help therapy appointments as a result.

Problems or Barriers Encountered

The only real issues that we encountered were in the communication between ourselves and Ingleside. Nothing that was too difficult to overcome.

Continuation Plans

We will continue to offer therapy on site and possibly make available psychological and neuropsychological testing on an as needed basis.

The future of this program from our standpoint is that we have a blueprint now to repeat this process at other senior living facilities. We have been in contact with several already.

We will work with each facility to coordinate the funding and staffing.

Impact

As noted above, the impact and success is measured in the appointments already set and the conversations with others who stated that they will very likely be seeking our services.

Lessons Learned

We were pleased with our outcome and learned that there is a significant need for services that can be brought to our senior population.

Other

N/A

Attachment 1: AR summary data: Subcontractor activities